

Catch This Moment

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Juliet Lam , USA (Apr. 2010)

Music: Now And Forever by Carole King (Colour Of Your Dreams)

Intro: 16 count.

Dedicated to my dear friend Ann Diveley

Sec 1: Side, Cross Rock, Recover, Sailor $\frac{1}{4}$ Turn Left, Step, Pivot $\frac{1}{2}$ Turn Left, Forward Lock Step

1 Big step right to right side

2-3 Cross rock left over right, recover on right

4&5 $\frac{1}{4}$ turn left, sweep left behind right, step right to right side, step forward on left

6&7 Step forward on right, pivot $\frac{1}{2}$ turn left, step forward on right

8&1 Step forward on left, lock step right behind left, step forward on left (3:00)

Sec 2: Forward Mambo Sweep, Behind Side Cross Sweep, Cross Rock, Recover $\frac{1}{4}$ Turn Right, Triple Full Turn Right

2&3 Rock forward on right, recover on left, step back on right & sweep left from front to back

4&5 Step left behind right, step right to right side, cross left over right & sweep right from back to front

6&7 Cross rock right over left, recover on left, make $\frac{1}{4}$ right stepping right forward

8&1 $\frac{1}{2}$ turn right, stepping back on left, $\frac{1}{2}$ turn right, stepping forward on right, step forward on left (6:00)

(Easy option: 8&1, Left foot shuffle forward)

Sec 3: Sway, Sway, Press, Kick, Sailor $\frac{1}{4}$ Turn Right, Forward Mambo

2-3 Step right to right side, sway right, left

4-5 Press right diagonally forward right, kick right foot to right diagonal (7:30)

6&7 $\frac{1}{4}$ turn right, sweep right behind left, step left to left side, step right to right side (9:00)

8&1 Rock forward on left, recover on right, step back on left

Sec 4: Back Mambo, Prissy Walkx2, ½ Reverse Rumba Box, Side Together

2&3 Rock back on right, recover on left, step forward on right

4-5 Prissy walk forward left, right

6&7 Step left to left side, step right next to left, step back on left

8& Step right on right side, step left next to right (9:00)

Restart: Begin 4th repetition facing (3:00) dance 15 counts up to cross rock, recover ¼ right, then

STEP LEFT FORWARD and restart from the beginning. Restart facing (9:00).

Ending : Last wall do 29 counts (up to Press, Kick) then Sailor ½ turn R, walk forward L,R,L and pose.

Repeat & Enjoy!